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### Claims

- 5     1     Use of L-carnitine and at least a component having an anti-oxidative activity for making an ingestable composition for the stimulation of the lipid metabolism in the skin of an animal or a human being for treating dermatitis.
- 10     2.     The use according to claim 1, for increasing the lipid secretion in the sebum and/or for producing a protective sebum layer on the skin.
3.     The use according to claim 1, for treating ulcerative dermatitis.
- 15     4.     Use of L-carnitine and at least a component having an anti-oxidative activity for the preparation of a medicament for the stimulation of the lipid metabolism in the skin of an animal or a human for preventing the onset or incidence of ulcers associated with diabetes, of circulation disturbances, of physical, chemical or microbial noxae or of eczema, said medicament being an ingestable composition.
- 20     5.     Use of L-carnitine and at least a component having an anti-oxidative activity for the preparation of a medicament for the stimulation of the lipid metabolism in the skin of an animal or a human being for a reduction of itching and improving a dry skin condition or sensible skin condition, said medicament being an ingestable composition.
- 25     6.     Use of L-carnitine and at least a component having an anti-oxidative activity for making an ingestable composition for the stimulation of the lipid metabolism in the skin of an animal or a human being, said stimulation of the lipid metabolism comprising an increasing of the lipid secretion in the sebum.
- 30     7.     The use according to claim 4, 5 and 6, for producing a protective sebum layer on the skin.

8. The use according to one of claims 4, 5, 6 and 7, for reducing dry skin or itching.
- 5 9. The use according to any of the preceding claims, wherein the component exhibiting an anti-oxidative activity is selected from the group consisting of vitamin E; vitamin C; carotenoids; ubiquinones; tea catechins; coffee extracts containing polyphenols and/or diterpenes; ginkgo biloba extracts; grape or grape seed extracts rich in proanthocyanidins; spice extracts; soy extracts containing isoflavones, phytoestrogens; ursodeoxycholic acid; ursolic acid; ginseng and ginsenosides and natural sources thereof; a source of thiols,  
10 preferably lipoic acid, cysteine, cystine, methionine, S-adenosyl-methionine, taurine, glutathione or natural sources thereof; or mixtures thereof.
- 10 10. The use according to any of the preceding claims, wherein the amount of L-carnitine administered daily is from at 1mg to 1 g per kg of body weight / day, preferably of from 5  
15 mg to 250 mg per kg of body weight / day.
11. The use according to any of the preceding claims wherein the amount of the component having an anti-oxidative activity is from 0.025 mg to 250mg per kg of body weight / day.
- 20 12. The use according to any of the preceding claims, wherein the ingestable composition contains a source of fat, which comprises unsaturated fatty acids or is enriched with unsaturated fatty acids.
13. The use according to claim 12, wherein the unsaturated fatty acids is alpha-linolenic acid.  
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14. The use according to any of the claims 12 or 13, wherein said source of fat is selected from the group consisting of an animal fat, preferably tallow or fish oil, more preferably beef tallow, or an vegetable fat, preferably corn oil, sunflower oil, safflower oil, rape seed oil, soy bean oil, olive oil, borage oil, blackcurrent seed oil.  
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15. The use according to any of the claims 12 to 14, wherein the amount of said source of fat in the composition is at least 0.1 % by weight on basis of the total weight of the

composition.

164. The use according to any of the preceding claims, wherein the ingestable composition is a medicament, a food or a functional food, a nutritionally complete pet or human food or a dietary supplement.

17. Use of L-carnitine and at least a component having an anti-oxidative activity and being selected from the group consisting of ubiquinones; tea catechins; coffee extracts containing polyphenols and/or diterpenes; ginkgo biloba extracts; grape or grape seed extracts rich in proanthocyanidins; spice extracts; soy extracts containing isoflavones, phytoestrogens; ursodeoxycholic acid; ursolic acid; ginseng and gingenosides and natural sources thereof; cysteine, cystine, methionine, S-adenosyl-methionine, taurine or natural sources thereof; or mixtures thereof; or being selected from the group of mixtures of vitamin E or derivatives thereof with two or three of vitamin C or derivatives thereof; grape seed extract; and cysteine, for making an ingestable composition, said ingestable composition being intended for the stimulation of the lipid metabolism in the skin of an animal or a human being, said ingestable composition being a food or a functional food, a nutritionally complete pet or human food or a dietary supplement.

185. An ingestable composition selected from a medicament, a food, a functional food, a nutritional complete pet or human food, and a dietary comprising L-carnitine and at least a component having an anti-oxidative activity and being selected from the group consisting of ubiquinones; tea catechins; coffee extracts containing polyphenols and/or diterpenes; ginkgo biloba extracts; grape or grape seed extracts rich in proanthocyanidins; spice extracts; soy extracts containing isoflavones, phytoestrogens; ursodeoxycholic acid; ursolic acid; ginseng and gingenosides and natural sources thereof; cysteine, cystine, methionine, S-adenosyl-methionine, taurine or natural sources thereof; or mixtures thereof; or being selected from the group of mixtures of vitamin E or derivatives thereof with two or three of vitamin C or derivatives thereof; grape seed extract; and cysteine.